



IRWINDALE AQUATICS CENTER

Mindful Waters

Tuesdays

June 7 - August 16

12:00pm-12:45pm

**ADDITIONAL INFORMATION ON
THE BACK OF THIS FLYER**





Tuesdays

June 7 - August 16, 2022

Mindful Waters will increase your sense of well-being while reducing your stress and anxiety. Come join us for this No Swimming, No Splashing, No Talking (highly encouraged), self-guided meditation session. Participants will have the option to meditate free standing or floating in the shallow end of the pool. While listening to the calming sounds of nature.

Proper swim attire required



Ages 16 & Older

Limited to 42 participants

Baskets will be given to patrons for use upon entry for their personal belongings.

**The Irwindale Aquatics Center is not responsible for lost or stolen items.

Patrons' belongings are placed in baskets at their own risk.

Daily Fees

Residents: *FREE

Non-Residents: \$2.00

*VALID Resident ID card or Irwindale City Employee card required for persons wishing to register as an Irwindale resident.

For more information, please contact
the

Irwindale Aquatics Center

16053 Calle de Paseo, Irwindale,
CA 91706
626-430-2248
www.irwindaleca.gov



Irwindale Aquatics Center

Summer Hours of Operation

Sun, Mon, Wed, Fri, Sat

12:00pm-4:00pm

Monday - Friday

6:00pm-9:00pm

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